



Support for Caregivers

REGISTRATION REQUIRED FOR THE FALL SESSION

* **New service: support for caregivers of people living with cancer**

FALL 2023 ACTIVITIES

EVENT

Caregivers' Day: Time Out for YOU!

November 10th, from 1 pm to 4 pm. *On site event*

CONFERENCES AND WORKSHOPS

I am a Caregiver and Much More!

September 25th, from 1 pm to 3 pm. *In French, online*

Unpacking Feelings and Emotions when Facing Major Decisions

October 20th, from 1 pm to 3 pm. *In French, online*

November 17th, from 1 pm to 3 pm. *In English, online*

Ambiguous Loss and Disenfranchised Grief

October 24th, from 1 pm to 3 pm. *In English, online*

Caregiver? What Are Your Rights?

November 7th, from 1 pm to 3:30 pm. *In English, online*

End of Life and Palliative Care

November 21st, from 1pm to 3pm. *In French, online*

Wills and Protection Mandates

November 30th, from 1 pm to 3 pm. *In French, online*

Navigating the System

December 5th, from 1 pm to 3 pm. *In French, online*

SUPPORT GROUPS

Open Support Groups (for caregivers of seniors)

Every other Monday from 10 am to noon. From September 18 to December 11th.

Online group divided in two: one in French and one in English

Therapeutic Yoga

Saturdays from 10:30 am to 11:30 am (on site) or from 11:45 am to 12:45 pm (online). From September 23 to December 9th. *Bilingual groups*

Open Support Groups (for all caregivers. Priority to caregivers of people living with cancer)

Every other Thursday from 5:30 pm to 7:30 pm. From September 28 to December 7th. *Bilingual group, in person*

Mindfulness, Meditation and Relaxation (for caregivers of seniors)

Every Wednesday from 10 am to 11:30 am. From September 20 to December 6th. *Bilingual group, online*

Mindfulness, Meditation and Relaxation (for caregivers of people living with cancer)

NOTE: This activity will take place either on Tuesday evening at 7 pm or Saturday morning at 9 am. Dates and times will be determined by caregivers' availability and confirmed once the minimum number of places are filled. *Bilingual group, online.*

Bereavement Support Group (for all caregivers)

Specifically for this support group, please call 514-866-9941 ext. 308 for information or to register.

NOTE: This support group's format and language will be determined once all participants are registered. The schedule will be confirmed when all places are filled.

Information, registration and appointment:

- by phone: 514-866-9941, ext. 226

- by email: prochesaidantes@ydesfemmesmtl.org

- or on our website : ydesfemmesmtl.org/caregivers-activities

*IN COLLABORATION WITH:



FINANCED BY:

Appui
proches aidants

You care *for them*,
we care *for you*.

YWCA Montreal
1355 René-Lévesque W Blvd.
Montreal (Quebec) H3G 1T3
☎ Lucien-L'Allier or Guy-Concordia
ydesfemmesmtl.org/caregivers



FALL 2023 ACTIVITIES

EVENT

Caregivers' Day : Time Out for YOU! | This event aims to recognize the work, dedication and compassion caregivers show those they care for every day. Join us to celebrate YOU and other caregivers and participate in a variety of wellness activities.

CONFERENCES AND WORKSHOPS

I am a Caregiver and Much More! | Being a caregiver can be among the most difficult roles we take on. It can have a major impact on your wellbeing and daily life. This conference addresses the importance of rediscovering yourself, giving place to YOU as an individual with needs and wants of your own. Take time for you and join us!

Unpacking Feelings and Emotions when Facing Major Decisions | Making difficult decisions can be part of a caregiver's daily life. This workshop offers caregivers a space to share helpful experiences and tips when faced with difficult choices while lessening the burden and feelings of guilt. We will look at: how to stop the stress cascade, the functioning of our nervous system, the main anti-stress mechanism of our nervous system, the impact of the rhythm of life on our health and vagal stimulation.

Ambiguous Loss and Disenfranchised Grief | Understanding through sharing: When caring for someone with an illness, we can be confronted with feelings related to anticipatory loss, also known as white loss. The workshop will explore this type of grief and helpful coping skills for caregivers.

Caregiver? What Are Your Rights? | This conference, led by family lawyer Me Morsella, will give an overview of Bill 56 aimed at recognizing caregivers in Quebec. Learn about the rights this recognition offers and how it compares to other provinces of Canada and the world.

End of Life and Palliative Care | End of life treatment and palliative care are subjects that can be emotionally charged and taboo and are issues we sometimes ponder subconsciously. Join us to better understand what palliative and end of life care involve and whom they are for.

Wills and Protection Mandates | Offered by the YWCA Legal Information Clinic, this conference provides an overview of the importance and purpose of protection mandates (in anticipation of incapacity) and wills. Recent changes to the law will also be presented.

Navigating the System | Accessing health and support services for caregivers and their cared one can become a game of labyrinth. This conference will provide clarity on our Health and Social Service's system and how it operates.

SUPPORT GROUPS

Open Support Groups (for Caregivers of seniors) | A safe space for sharing where self-reflection and mutual support are nurtured, while promoting awareness and the search for solutions to caregivers' daily challenges.

Therapeutic Yoga | Sessions designed specifically for caregivers. An opportunity to reconnect with yourself and others in a calming environment. This group activity aims to promote well-being and awareness. The activity is adapted to the needs and abilities of the participants.

Open Support Groups (for all caregivers. Priority to caregivers of people living with cancer) | A safe space for sharing where self-reflection and mutual support are nurtured, while encouraging awareness and the search for solutions to caregivers' daily challenges.

Mindfulness, Meditation and Relaxation (for caregivers of seniors) | A dedicated space to come together and learn mindfulness and meditation techniques as ways to manage stress. These group meetings also aim to reduce isolation, promote mutual aid and improve the general well-being of caregivers.

Mindfulness, Meditation and Relaxation (priority to caregivers of people living with cancer) | A dedicated space to come together, learn mindfulness and stress management techniques. These group meetings also aim to reduce isolation, promote mutual aid and wellness.

Bereavement Support Group (for all caregivers) | You can sign up for a bereavement support group for 10 sessions. We will discuss various themes related to bereavement to help you through this difficult time. Specifically for this support group, please call 514-866-9941 ext. 308 for information or to register.

- ▶ Respite care is available upon request for caregivers who need it to participate in our activities.
- ▶ Wellness Calls and Individual Support Services are available upon request.
- ▶ Regardless of the language of the workshop, conference or support group, participants can always ask questions and make comments in English or French.

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- or on our website : ydesfemmesmtl.org/caregivers-activities

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